



Carers
of West
Dunbartonshire

"the place for every carer to turn to"

Autumn/Winter Newsletter 2025

Join us for some Christmas cheer!



CHRISTMAS PARTY

**Saturday 13th December
7pm - Late**

**Dumbarton Golf Club
Broadmeadow, Overburn
Ave, Dumbarton G82 2BQ**

Tickets: £5 each

**Sounds from Two Fat DJs | Buffet | Party
Games | Prizes**

**Tickets available on: 0141 941 1550
or at the Carers Centre, 41 Kilbowie
Road, Clydebank**

NEW LEGISLATION TO SUPPORT CARERS

On 10 June, the Scottish Parliament unanimously passed the Care Reform Bill, which will give unpaid carers in Scotland a legal right to breaks from caring for the first time.

National and local Carer Organisations have been campaigning for this right for many years; it marks a major milestone for carers, many of whom struggle without adequate rest or a break from caring.

The Bill received Royal Assent on 22 July 2025, officially becoming the Care Reform (Scotland) Act 2025. The Act includes:

- **Anne's Law**
 - The provision for a right to breaks for carers
 - Improvements to information and advocacy
- Access to secure digital care records for those accessing health and care services
- A new National Social Work Agency, and workforce improvements such as ethical commissioning, and fair work monitoring.

The new law has the potential to be life-changing, but turning it into something carers can actually access will require time, funding, and investment in replacement care. It is also worth noting that most of the new Act's provisions will not be implemented until secondary legislation (e.g amendments to the Carers' Scotland Act 2016) and regulations are developed and laid out by Scottish Ministers, this is likely to take quite some time. You can read more about the new legislation at Care Reform (Scotland) Bill Passed - Coalition of Carers in Scotland.

<https://www.carersnet.org/care-reform-scotland-bill-passed/>



Annual General Meeting 2025

Our **AGM** will be held on **Thursday 27th November, 12.30 - 4pm** at the **Abbotsford Hotel, Stirling Rd, Dumbarton G82 2PJ**

This is an opportunity to hear how we have supported carers in the last year and our plans for the year ahead.

A light buffet lunch will be provided.

If you would like to attend please **RSVP** to **kim.mcnab@carerswd.org** or call **0141 941 1550**



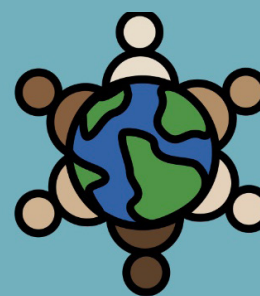
WELCOME MHAIRI

We are delighted to welcome two additions to our amazing staff team. Mhairi Whitehill is our new **Shortbreaks/Respite Co-ordinator**. Mhairi brings a wealth of caring experience and in her new role will be overseeing our short break projects and developing our new Respite Service. You can read more about Respite on page 10. Mhairi can be contacted at mhairi@carerswd.org



WELCOME ALIX

Alix McGinley is our new **Carers Learning and Engagement Officer**. Alix has a background in art and working with people with learning disabilities. Alix will use her creative skills to engage with carers within Ethnic Minority and LGBTQ+ groups. Through mediums like video story-telling Alix will engage with carers and encourage them to access support. If you are a carer who identifies as someone from an Ethnic Minority and/or the LGBTQ+ community and would be interested in being part of this exciting new project, please get in touch with Alix at alix.mcginley@carerswd.org



CARERS REMEMBER TO GET YOUR FREE FLU VACCINE

If you are the main carer for a relative or friend who would be at risk if you got sick, you are eligible for a free flu vaccine. You can speak to your GP about it.

The Vaccination Bus drop in dates/times in West Dunbartonshire is available on the HSCP website

<http://www.wdhscp.org.uk/news/winter-vaccines/>



MECOPP

The Community Health Worker service is delivered by the MECOPP Community Health Team alongside their existing support services. Working closely with community members, they aim to improve the physical and mental health of individuals, increase access to services and support better health outcomes. They work with Gypsy/Travellers of any age who live in housing, on sites or on roadside camps. They can provide dedicated support to children and young people at risk or who are experiencing mental health and wellbeing difficulties. Visit <https://www.mecopp.org.uk>



SCAN ME!

The MECOPP logo, featuring the word 'MECOPP' in a bold, white, stylized font on a red square background. The letters are blocky and have a slightly irregular, hand-drawn appearance.



Hidden Disabilities Sunflower Lanyard

The **Hidden Disabilities Sunflower** is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

Some disabilities, conditions or chronic illnesses are not immediately obvious to others. For some people, this can make it hard to understand and believe that someone, with a “non-visible” condition genuinely needs support. Some people question whether you have a disability because you don’t look ‘like you have a disability’.

Simply by wearing the Sunflower, you’re just letting everyone know that you might need extra help, understanding, or just more time. To get a free lanyard for the person you are caring for and a carer’s badge, contact the Carers Centre on **0141 941 1550**

WEST DUNBARTONSHIRE HSCP DEMENTIA ROADMAP

West Dunbartonshire HSCP is delighted to announce a new resource for anyone living with or affected by Dementia.

The West Dunbartonshire Dementia Roadmap is designed as a one-stop shop, bringing together a range of reliable information about living well with Dementia. For more information, Visit - <https://scotland.dementiaroadmap.info/westdunbartonshire/>

Dementia Roadmap
Promoting living well with dementia across West Dunbartonshire

Looking for more information about local advice and support available for people affected by dementia?

A new resource for anyone living with, or affected by **dementia** - a “**one-stop shop**” for people living in West Dunbartonshire. On this website you will find information about groups, services and resources.

Living Well

Diagnosing Well

Supporting Well

End of Life

Caring Well

Keeping Well

Whatever your questions, visit
@ www.scotland.dementiaroadmap.info/westdunbartonshire/
✉ Email us at dementia.website@west-dunbarton.gov.uk

For Support from Alzheimer Scotland call **National Dementia Advisor** helpline on ☎ 0808 808 3000

Well Pathway →

Printed materials available on request

West Dunbartonshire Health & Social Care Partnership
mi • 353543-AS

CARING FOR SELF

We are delighted to tell you about an exciting new project – **CARING FOR SELF**.

This has been made possible with funding from the Self-Management Fund which is administered by the Alliance on behalf of the Scottish Government.

CARING FOR SELF is a programme of support for carers who are dealing with their own specific health issues whilst also managing their caring role.

Over the next 12 months we will invite carers to meet monthly and take part in learning opportunities that will help manage health and wellbeing e.g. sleeping better, managing pain, diet and exercise advice, managing stress and introductions to relaxation therapies, etc.

The sessions will be interactive....a mixture of sitting, listening and talking and a mixture of on your feet and having some fun.

As well as that, it's a chance to meet other carers and make some new friends! If you would like to attend, you can register your interest by emailing

Joanne@carerswd.org



CARING FOR SELF

A programme of self – management
support for unpaid carers

For more information contact Kim.mcnab@carerswd.org or Joanne@carerswd.org
or call on 0141 941 1550





OUR SUPPORT GROUPS



ONLINE YOGA WITH CLARE MCGINLEY

Thursday, 11am - 12pm Via Zoom

Join Clare for our weekly Yoga sessions, where carers can take part either standing or sitting down. Yoga can improve mood, help to ease pain and can help with balance and posture.

CRAFT GROUP

Every Thursday

10am- 12pm

Clydebank Library

Create your own artworks and spend time with other carers.
This group is available to carers and former carers.

BOOK GROUP

Last Monday of each month

2:30pm-4:30pm

Clydebank Housing Association

Want some new reading material and to meet other carers?

Join our Book Group. Books are made available in the library before each meeting.

GROWING WITH CARE

Every Friday

11am-1pm

Melfort Park, Clydebank

Give growing your own fruit and veg a go, meet some carers while you do it!

A FEW GOOD MEN

Various outings and events throughout the year

Calling all male carers! Take part in activities and outings each month alongside other carers.

BOX OFFICE PROJECT

Usually monthly

Offers a variety of social opportunities relating to "the arts and entertainment" for adult carers and those that they care for.

Social opportunities are available throughout the year. For more information contact Mhairi at

Mhairi@carerswd.org or call the Carers Centre 0141 941 1550.

WE LOOK FORWARD TO SEEING YOU!

Carers of West Dunbartonshire is moving to an **appointment only** system. Drop-in visits are no longer available but booking is quick and easy and will allow us to give each carer the time and attention that you deserve.



In 2024 we supported over 2000 individual carers, we are delighted to have supported so many, and we continue to welcome new carers to our service every day.

To help us support the increasing number of carers that are seeking support effectively and efficiently, we're now asking carers to book an appointment before visiting the Carers Centre; booking is quick and simple and can be arranged at time that suits you best.

We hope an appointment only system will give carers an enhanced experience as the protected time will allow us to prepare a private, confidential space for your visit so that you can speak freely and afford you the attention that you deserve.

If you would like to speak with any of our experienced team regarding your caring role, please contact us on **0141 941 1550** or email **clydebankcc@carerswd.org** so that we can arrange an appointment.

If you have difficulty getting out, we can arrange a home visit or we can book a space to meet with you in the local community.

If you want to make a referral to our service, you can call **0141 941 1550** or visit our website **<https://carerswd.org/contact-us/make-a-referral/>**

“Thank you for helping us keep things smooth, respectful, and efficient.”





R.I.S.E

Resilient Inspired Supported Empowered

The RISE Project provides support to carers living in identified areas across West Dunbartonshire:

Castlehill (Dumbarton)
Drumry (Clydebank)
Haldane (Balloch)

The project aims to address any disadvantages that carers living in these areas may experience, including:

Financial hardship
Opportunities for education and employment
Digital exclusion
Access to services

The Project Lead will support carers individually and in groups to build resilience, inspire growth, empower and motivate them to overcome barriers relating to their caring role.

**For more information, contact Clare on 0141 941 1550
or email clare@carerswd.org**

RESPITALITY

Carers of West Dunbartonshire is now delighted to be a Respitality partner of Shared Care Scotland and developing Respitality in West Dunbartonshire.

Our mission is to make carers' days with complementary short breaks within the hospitality, leisure & tourism sector. Being an unpaid carer can have positive and rewarding aspects, but it can also be isolating as well as physically and mentally demanding. For a range of reasons, including financial pressures, care concerns and limited time, it is often difficult for carers to take the time out to fully recharge, or to spend quality time on their own with family and friends.

Through Respitality, we are connecting carer organisations with businesses in the hospitality, tourism and leisure arena to provide vital breaks from routine for unpaid carers, of all ages, in Scotland when they need it most. Respitality is coordinated by the national carer's organisation Shared Care Scotland with support from the Scottish Government.



Thank you Mavi Kitchen and Bar for supporting Respitality in West Dunbartonshire.

They donated £200 worth of vouchers that can be used in the restaurant.

This will allow up to 5 carers a well deserved break.

If you would like to make a donation to Respitality **contact**

Mhairi@carerswd.org or on 0141 941 1550



CARERS RIGHTS DAY



Are you a carer aged 65+yrs?

Are you in receipt of all the benefits that may be available to you?



This year we will be acknowledging
Carers Rights Day on

Thursday 20th November
Concorde Community Centre
St Mary's Way
Dumbarton
G82 1LJ
12.30-4.00

Some of the Carers Centre team will be there along with our partner agencies who are experts in benefits. We are particularly keen for carers who are of pension age to attend as this group has a lower uptake of benefits that they may be eligible for. There will be a light lunch and refreshments on arrival and the opportunity to get some valuable benefits advice.

To plan for catering purposes please contact the Carers Centre on **0141 941 1550** to book a place no later than Monday 10th November.

We look forward to seeing you there.



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**Carers Centre
41 Kilbowie Road
Clydebank
G81 1BL**

**Telephone: 0141 941 1550
Email: clydebankcc@carerswd.org
www.carerswd.org**

Find us on social media: @CarersofWestDun

